

# **Revisiting Recovery:** **Defining the meanings, modes, and management of recovery from the perspective of elite endurance athletes**

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# Defining Recovery

## Recovery is *potentially* broad

Multi-Dimensional

Physical, cognitive, emotional, and holistic experience and approaches.



Full Range Focus Dial

Dialed-in: Deliberate, performance-focus  
Dialed-out: General, person-focus



Personalized

Tailored to individual preferences, personalities, and bodies.



## Recovery is *presently* specific

Absorb & Prepare

Absorb last session & prepare for next session to sustain and accumulate long-term.

Break & Engage

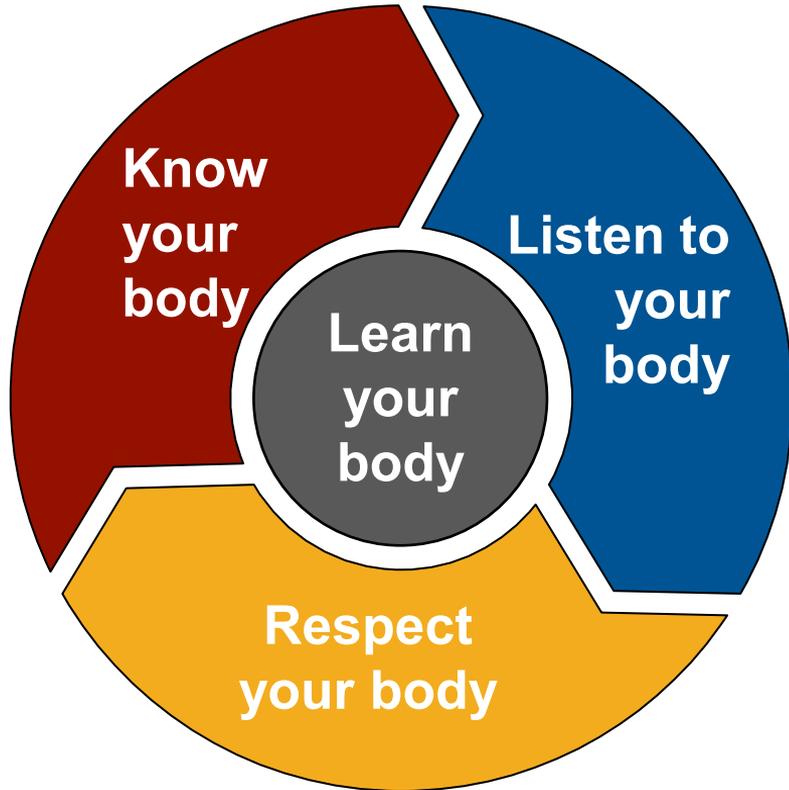
Take a break from specific demands, to engage in restorative meaning (e.g., break from sport bubble to engage with friends/school).

Negotiate & Prioritize

Negotiate the range of potential activities to prioritize most relevant characteristics for that context.

# Implementing Recovery

## *Recovery is Athlete Driven*



**Know** your needs and tendencies, and plan for them with opportunities & options

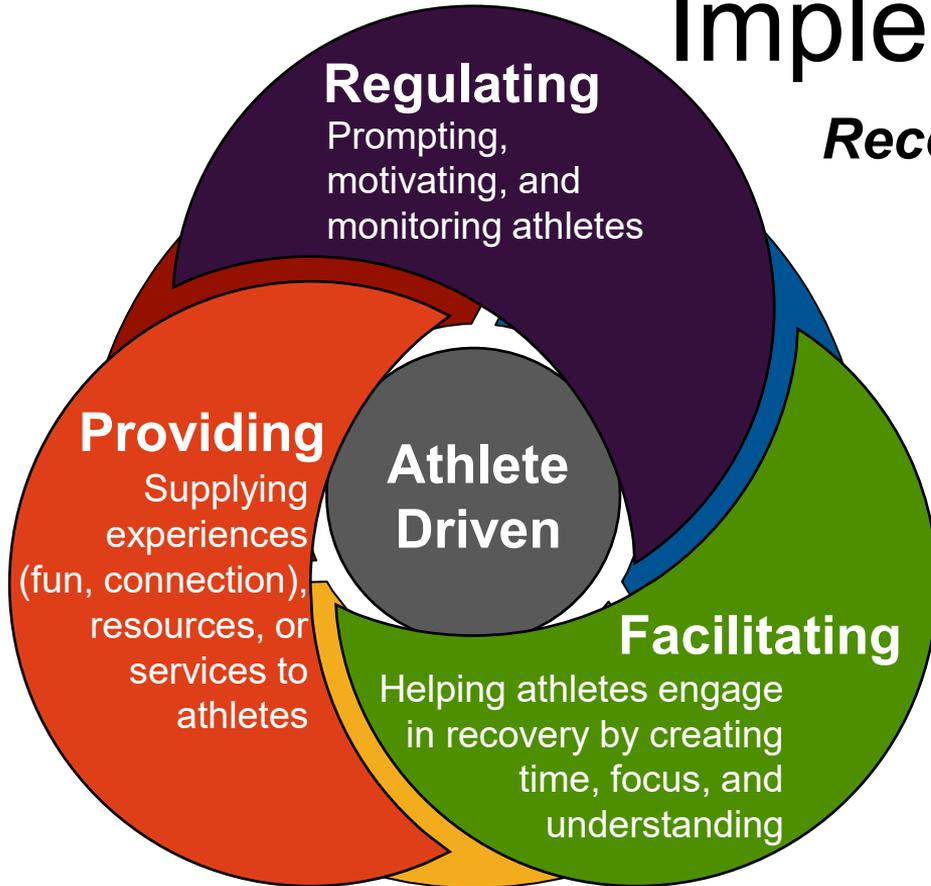
**Listen** to how you feel, and interpret what that means for your current training

**Respect** what you know by following through on plans, and **Respect** what you hear by adjusting when needed.

**Recovery is a skill.  
Value, foster, and practice it.**

# Implementing Recovery

## *Recovery is Environment Supported*



Physical & social environments take on specific roles to support athlete-driven recovery

- Home and training environments
- Coaches, teammates, family, friends

**Have you created environments that support athlete-led recovery, or interfere with it?**